

Regular Line

	BREAKFAST	LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Chicken Gumbo Pinto Bean Soup Meat Loaf Ham Salad/Croissant Mashed Potatoes Turnip Greens Country Corn Cornbread	Soup Du Jour Fried Pork Chops Macaroni and Cheese Broccoli Field Peas Dinner Roll
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy	Navy Bean Soup Vegetable Soup Sweet & Sour Chicken Egg Salad Steamed Rice/Mashed Potatoes Green Beans with Pimentos Succotash Cornbread	Soup Du Jour New England Boiled Dinner With Potatoes Carrots Cabbage Horseradish Country Seeded Roll
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Cream of Mushroom Soup Split Pea Soup Roast Beef Po-Boys Gravy Chicken Mushroom Casserole French Fries Spinach Okra & Tomatoes	Soup Du Jour Barbecued Chicken Parsley Boiled Potatoes Buttered Green Peas Squash and Onions Breadsticks
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Corned Beef Hash O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Cream of Tomato Soup Red Bean Soup Lasagna Chicken Tenders Oven Roasted Potatoes Brussel Sprouts Carrots Garlic Bread	Soup Du Jour Chop Steak w/Onion Gravy Mashed Potatoes/Steamed Rice Buttered Corn Asparagus Casserole Panini Roll
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Cream of Broccoli Soup Chili with Beans Fish and Chips Meatball Sub Green Peas Squash Medley Cornbread	Soup Du Jour Baked Cod Lemon Slices Mashed Potatoes French Style Green Beans Cauliflower Lemon Slices Dinner Roll
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Patties Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy	Cream of Potato Soup Turkey Noodle Soup Pepper Steak Shrimp Salad Steamed Rice/Mashed Potatoes Club Spinach Corn Fitters	Soup Du Jour Barbecue Spareribs Oven Roasted Potatoes Baked Beans Collard Greens Ciabatta Roll
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy	Boston Clam Chowder Knickerbocker Soup Spaghetti with Italian Sausage Sauce Country Chops Steamed Rice Mustard Greens Carrots Amandine	Soup Du Jour Grilled Steak Baked Potato Asparagus Mushrooms and Onions Country Seeded Roll

DESSERTS

Mon: Sweet Potato Pie	DL Chocolate Chip Cookies, Sugar Free
Tues: Rice Pudding	DL Cheesecake, No Sugar Added
Wed: Choc Chip Cookies	DL Apple Pie, No Sugar Added
Thurs: Spice Cake	DL SF Lemon Pudding
Fri: Lemon Meringue Pie	DL Chocolate Chip Cookies, Sugar Free
Sat: German Chocolate Cake,	DL Sponge Cake with Strawberries
Sun: Walnut Cream Cake,	DL Cherry Pie, No Sugar Added

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog (M,T,Th,F,S,Su)
Grilled Chicken Breast
Grilled Cheese Sandwich
Sauerkraut/Chili
Lettuce/Tomato/Onion
Steak Fries
Assorted Cold Cuts (Wed Only)
Swiss Cheese (Wed Only)

Diet Line Menu #1 – Week of: September 11 – 17, 2006

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DL Pinto Bean Soup Meat Loaf Mashed Potatoes Turnip Greens Steamed Beets	Soup Du Jour Baked Pork Chop DL Macaroni and Cheese Broccoli Carrots Dinner Roll
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup DL Sweet & Sour Chicken Steamed Rice Green Beans with Pimentos Cauliflower	Soup Du Jour Roast Beef Boiled Potatoes Carrots Cabbage Country Seeded Roll
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Split Pea Soup Grilled Chicken Romano Noodles Spinach Okra & Tomatoes	Soup Du Jour Vegetarian Cutlet Brown Rice Asparagus Squash w/Onions Breadsticks
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Red Bean Soup Baked Chicken Tenders Oven Roasted Potatoes Brussel Sprouts Sugar Snaps Garlic Bread	Soup Du Jour DL Chopped Steak Mashed Potatoes Baked Eggplant Collard Greens Panini Roll
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Broccoli Soup Vegetable Lasagna Panini Roll Italian Green Beans Squash Medley	Soup Du Jour Baked Cod Lemon Slices Mashed Potatoes Steamed Beets Cauliflower Dinner Roll
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Turkey Noodle Soup DL Shrimp Salad Mashed Potatoes Zucchini Calico Corn	Soup Du Jour DL Braised Ribs Oven Roasted Potatoes California Mix Wax Beans Ciabatta Roll
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Knickerbocker Soup DL Country Chops Steamed Rice/ DL Gravy Mustard Greens Carrots	Soup Du Jour Grilled Steak Baked Potato Asparagus Mushrooms & Onions

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno or Banana Peppers, Sugar Free Jello

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad
Wed: Pear Halves, Potato Salad
Fri: Apricot Halves, Three Beans Salad
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad